

La Vida Es Corta



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Loretta La Roche has helped millions of people find ways to lighten up and overcome stress. Now, in "Life Is Short--Wear Your Party Pants," she gives you the tools you need to not only "reduce" feelings of tension, but also to bring joy, passion, and gusto into your life. Her techniques are a brilliant blend of old-world common sense and the most contemporary research in brain chemistry, psychology, and mind-body studies. Loretta gives you dozens of proven techniques for recognizing the ten simple truths that will lead you to an intense, happy, successful life: "resilience, living in the moment, optimism, acceptance, humor, creativity, moderation, responsibility, meaning, "and "connection." In her work, Loretta has seen tens of thousands of people who live their lives as if they're sitting in a waiting room, hoping that their turn comes up next. This book will show you that life is not something to be "endured," but is something to be truly appreciated. We need to remember how to access our inner abundance, which allows us to be heart-centered, joy-filled human beings.

作者介绍:

目录:

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